



## RESOURCES AND SUPPORT FOR INDIVIDUALS WITH IDD AND FAMILIES

Find support, connection and resources in your community as parent and self-advocacy organizations make the move to create more online support opportunities during the COVID-19 outbreak.

### FOR ADULTS WITH IDD

#### [Best Buddies Washington Virtual “Hang In”](#)

Connect with the Best Buddies community in Washington through stories, conversations, videos, art, trivia, games, and more!

#### [People First of Washington](#)

Connect with peers on Facebook and Zoom with daily online video chats.

#### [Link20 Zoom-Fest 2020](#)

Over the next weeks we are going to be holding webinars and digital gatherings twice a week! Stay glued to your email on Fridays to learn more! Email [jenny@rudermanfoundation.org](mailto:jenny@rudermanfoundation.org) if you are interested in joining! Link20 is a global social movement led by a network of young activists, with and without disabilities. Our goal is to raise awareness on the right of people with disabilities to be fully included in our society and strengthen young activist’s leadership skills and influence in promoting inclusion and social justice.